



ST CATHERINE'S
COLLEGE

A CHURCH OF ENGLAND ACADEMY

15 January 2021

'NON-CONTACT'



RESPONSIBLE

AMBITIOUS

HARD WORKING

RESILIENT

one small
positive thought
can change your
whole day



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Preparing students to stand shoulder to shoulder with their peers: locally, nationally and globally.



The new year has begun and, for the time being, normal life has not.

One of our school values is resilience. We need plenty of resilience, as so much around us has changed. Resilience means that, even when things are tough (and for many of us, they are very tough!), we find a way through, often with the help of others who have learned lessons, found solutions and not given up.

Sir Isaac Newton is one of the greatest scientists that has ever lived. He was at Cambridge University in 1665 when the bubonic plague struck England. This was a deadly disease and large numbers of the population were affected. Newton's education was disrupted as his college closed and he had to escape back to his home in Norfolk. One day, in 1666, he was sitting in his garden and he saw an apple fall from a tree. He wondered what forces made the apple fall to the ground and, during his own personal lockdown, began pondering the theory of gravity. The theory he developed became one of the greatest scientific breakthroughs of all time.

The plague was terrible. Newton did not plan to be at home, he should have been at one of the greatest universities in the world. Although the country had shut down, Newton did not shut down his mind, his imagination, his capacity to learn, his ambition and his desire to make the most of every opportunity. He pushed back and changed scientific history.

We may not be about to make a world changing discovery during lockdown, but that spirit of pushing back, remaining alert to every opportunity for learning and getting help where we need it, is something we want to encourage at St Catherine's College. Staff are here to help in learning and wellbeing, so please, if you need to speak to us about these things, do get in touch and we can push through these difficult times together.

Be very careful then, how you live, not as unwise, but as wise, making the most of every opportunity in these difficult times. Ephesians 5:15-16

Rev David Garratt



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COVID TESTING AT ST CATHERINE'S COLLEGE

Last week saw the launch of Lateral Flow Device (LFD) testing in schools. The purpose of the LFD test is to detect anyone who is asymptomatic; people who have contracted the virus and may be spreading it but are personally not suffering any symptoms.

In children, it is believed that up to a third of those who contract the virus may be asymptomatic. However, although they may be unaware that they even have Covid-19, they could be spreading it to others who may be more vulnerable. With this in mind, we are testing staff weekly, and after the initial pair of close tests, pupils currently attending school are going to be tested every 7 – 10 days. We have already picked up one positive case in our Key Worker Provision and this was confirmed by an official testing centre. We send that family our best wishes as they complete their self-isolation. St Catherine's College's own testing process is illustrated below:



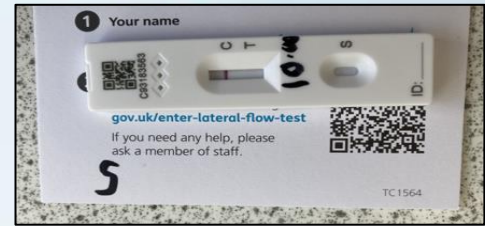
1. Swabbing



2. Processing the swab



3. Starting the LFD test



4. The negative result everyone hopes for

There have been some concerns in the press around the accuracy of LFD testing. In response to the findings of that research, we are currently running our Covid Test centre with a small team of trained and specialist staff, and with the consent of parents, we have a pair of nursing staff to conduct the swabbing for the pupils. Testing does not replace the need for vigilance around other control measures (Hands – Face – Space – Fresh air) but it does give us an extra line of defence to limit the potential spread of the virus.





CONTACT INFORMATION

If you need to contact the School, please do so via your child's class teacher, form tutor or Head of Year. For subject-specific support, please contact the relevant teacher [CLICK HERE](#).

For safeguarding concerns, please contact Mrs Guppy at kguppy@stcatherines.college



EAST SUSSEX YOUNG CARERS

East Sussex Young Carers provided by Imago Community, are asking that schools take this time to promote support for Young Carers. A Young Carer is someone aged between 5-18 years old who is responsible for caring for a member of the family with a long-term condition, disability, mental health or substance misuse issue. The Young Carer could be providing physical, practical or emotional support. For support please [Click Here](#). Alternatively, contact Mrs Guppy to make a referral on behalf of the family. For further information, please contact 0300 111 1110.



WORRIED ABOUT A CHILD?

If you're worried about something a child or young person may have experienced online, you can contact the NSPCC helpline for free support and advice. Call 0808 800 5000 or contact online [HERE](#). Children can contact [Childline](#) any time to get support themselves.

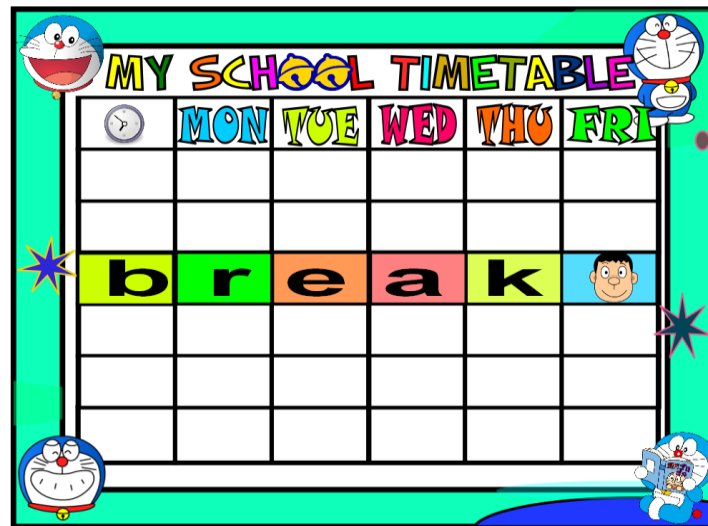
PARENT HELPSHEET: HOW TO SUPPORT HOME LEARNING

BE REALISTIC ABOUT WHAT YOU CAN DO

- You are not expected to become teachers, and your children are not expected to learn as they do in school. Simply providing your children with some structure at home will help them to adapt. Use our tips to help you make this work for your household.
- What is working and what is not? Ask your children, involve them too!
- Share the load if there are two parents at home. Split the day into 2-3 hour slots and take turns so that you can do your own work.

KEEP TO A TIMETABLE WHEREVER POSSIBLE

- Create and stick to a routine if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they are dressed before starting the 'school' day.
- Check in with your children and try to keep to the timetable, but be flexible.
- If possible, designate a working space.
- Distinguish between weekdays and weekends.



REMOTE LEARNING FOR CHILDREN – 6 TOP TIPS

1) Treat remote learning the same as classroom learning

Despite being at home, it's important to remember the same rules apply as being in the classroom, particularly in respect of behavior and conduct. Focus on learning and don't get distracted by your surroundings.



2) Use classroom language

If you are encouraged to communicate through emails and online messages, don't use shorthand text speak and write as though you would speak in class. Remember to be respectful and polite and avoid posting negative comments or spamming the chat.



3) Take regular screen breaks

Whilst remote learning might be an exciting experience to begin with, having prolonged periods of time in front of a screen isn't always healthy. Remember to have regular screen breaks where possible and in your spare time, try to get some fresh air and enjoy other activities away from electronic devices.



4) Always conduct video learning in an open space at home

To get the best experience from remote learning, it's important to create the right environment around you. Try to set up a mock 'classroom desk' at home in an open space so parents can supervise if necessary. Avoid bedrooms as this could be considered inappropriate.



5) Only communicate through approved school portals and platforms

It's important that you send messages and any pictures or images required for class through approved school channels, such as internal learning portals or approved platforms. This will help to keep your personal information safe and secure.



6) Stick to teacher rules and guidelines around online learning

Your school should issue you with guidance around remote learning and the rules to follow. Always maintain classroom behaviour and try to remember that you are in a learning environment and not a social setting.



A stylized background illustration featuring a light blue sky with a yellow sun and white clouds. In the foreground, there is a simple house with a pink roof, white walls, and three yellow windows. To the right of the house is a large green tree with a brown trunk. The entire scene is set against a light blue background.

HERE ARE SOME TIPS ON HOW TO KEEP HAPPY AND BUSY WHILE YOU ARE STUCK INSIDE

BE KIND

This is a difficult time for everyone. So, if your little brother or sister is getting on your nerves, before arguing, see if you can understand how they are feeling – and maybe help them!

LOOK AFTER EACH OTHER

We all might feel a bit worried or lonely along the way, it is good to take care of each other, and sometimes helping someone else, makes you feel better!

DO NOT WORRY TOO MUCH

This will not last forever, and even when times are tough, every day can have something amazing up its sleeve.

ORGANISE YOUR DAY

The school bell might not ring in your house but you still need a plan. Make time for schoolwork, but also for relaxing.



HOW TO LOOK AFTER YOUR EYES

FOLLOW THE 20-20-20 RULE

Give your eyes the chance to focus both near and far away. Set a timer for 20 minutes. When the timer goes off, look into the distance at least 20 feet away for at least 20 seconds.

POSITION YOUR MONITOR FARTHER AWAY

Adjust your monitor to about an arm's length away from your eyes. Keep the top of the screen at or just below eye level.

PROTECT YOUR EYES AGAINST SCREEN GLARE

Place your laptop or desktop in a place relatively clear of sunlight, and away of light sources immediately above your screen. Adjust your monitor's brightness and contrast settings and try keeping it at half-brightness. If the above is not enough, use an anti-glare matte screen filter or glasses.

GET OUTSIDE

In between lessons, at break or lunch get some fresh air. It will allow your eyes to interact with a distant visual space, which is a less stressful visual demand than a near point task.





Everyday Activities that count as Learning



THE ST CATHERINE'S COLLEGE CHALLENGE

COMPETITION
-TIME-

Choose ONE of the following challenges:






A CREATIVE PHOTOGRAPH BAKING A CAKE

The student who produces the best photograph or cake will win a
£10 Amazon voucher.

Please send a picture of your creation to Mr Watts at lwatts@stcatherines.college
for your chance to win. The winner will be announced in our next bulletin.



MR WATTS' 30 DAY FITNESS CHALLENGE

<p>Do 10 star jumps.</p> <p>Day 1</p> 	<p>Hop around like a frog for 20 seconds.</p> <p>Day 2</p> 	<p>Touch your toes 10 times.</p> <p>Day 3</p> 	<p>Balance a ball on your head.</p> <p>Day 4</p> 	<p>Spin in a circle for 10 seconds.</p> <p>Day 5</p> 
<p>Walk like a crab for 1 minute.</p> <p>Day 6</p> 	<p>Stretch as high as you can.</p> <p>Day 7</p> 	<p>Choose a song and create your own dance routine for the song! Perform it in front of your family.</p> <p>Day 8</p> 	<p>Pick up a ball from the floor without using your hands.</p> <p>Day 9</p> 	<p>Take 10 giant steps.</p> <p>Day 10</p> 
<p>Balance on one leg for 30 seconds.</p> <p>Day 11</p> 	<p>Do 6 cartwheels.</p> <p>Day 12</p> 	<p>Lay on your back and paddle your legs like you are on a bike.</p> <p>Day 13</p> 	<p>Skip the rope for 1 minute.</p> <p>Day 14</p> 	<p>Make your own hopscotch. Play it for 1 minute.</p> <p>Day 15</p> 
<p>Stretch like a cat. Do it 5 times.</p> <p>Day 16</p> 	<p>Do an egg and spoon race with your sibling.</p> <p>Day 17</p> 	<p>Dance like a chicken for 1 minute.</p> <p>Day 18</p> 	<p>Walk backwards 10 steps and then skip back.</p> <p>Day 19</p> 	<p>Do 10 squats in 30 seconds.</p> <p>Day 20</p> 
<p>Wiggle like a worm for 20 seconds.</p> <p>Day 21</p> 	<p>Do Yoga for 10 minutes. You can find videos on YouTube.</p> <p>Day 22</p> 	<p>Tiptoe for 25 seconds.</p> <p>Day 23</p> 	<p>Throw a ball in the air and catch it. Repeat 10 times.</p> <p>Day 24</p> 	<p>Shake your arms and clap your hands. Do this 5 times.</p> <p>Day 25</p> 
<p>Create your own obstacle course and time yourself doing it!</p> <p>Day 26</p> 	<p>Do gorilla shuffle for 15 seconds.</p> <p>Day 27</p> 	<p>Lay on the floor. Lift your arms and legs above the floor for 10 seconds.</p> <p>Day 28</p> 	<p>Balance a book on your head for 15 seconds.</p> <p>Day 29</p> 	<p>Do 10 sit ups in one minute.</p> <p>Day 30</p> 



FREE SCHOOL MEAL SCHEME

After this week's shocking discovery of the 'free school meals' packages provided to some families, the Government has advised that they will shortly be setting up a Free School Meal scheme, similar to the system that ran throughout the Christmas holidays and during the last school closure. As of yet, we have not received communication from the Government regarding this.

Please be assured, we had already set up our own system which has meant every child who is entitled to free school meals has been, and will continue to, receive vouchers that can be used in local supermarkets such as Asda, Morrisons, Tesco, Aldi, Sainsbury's and Iceland.

If you have any questions, please do not hesitate to contact Mrs Maynard at mmaynard@stcatherines.college.



100% ATTENDANCE

Students with 100% attendance and outstanding work across all subjects, will be entered into a prize draw at the end of Term 3. There will be a prize draw for each year group and winners will receive the following fabulous prizes:

- **1st Prize = Amazon Tablet**
- **2nd prize = £40 Amazon Voucher**
- **3rd prize = £20 Amazon Voucher**
- **FIVE runner-up prizes of a £10 Amazon Voucher**

Good luck everybody!



NOTICES



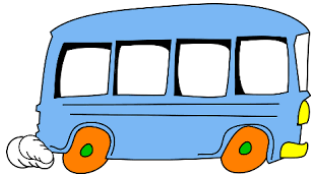
RECEPTION

During this period of lockdown, please can we ask that visitors only attend the School in an emergency or by appointment only. If you are entering the School property, we will ask you to complete a Covid questionnaire (including track and trace details) and to check your temperature. The questionnaire will be destroyed after 21 days. Thank you for your support.



EXERCISE BOOKS

The School has purchased additional exercise books for home learning. Students can use these as notebooks. If your child would like one, please pop into reception between 8-00am-3.00pm, Monday to Friday, to collect. A maximum of two exercise books per child.



LATEST TIMETABLES FOR STAGECOACH BUSES

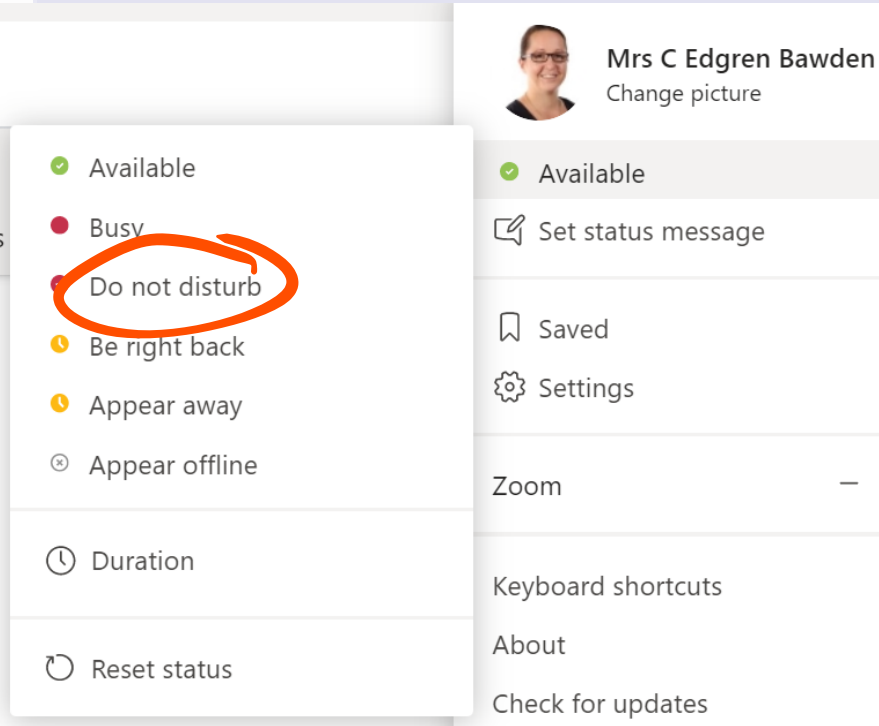
From Sunday 17 January, following guidance issued by the Department of Transport, and consultation with both Kent County Council and East Sussex Council, Stagecoach Buses will be reverting to the same level of service provided pre-September. Details of services can be found [HERE](#).

TEAMS TIPS

NOTIFICATIONS

Are the notifications from the class chat stopping you from seeing what you want to see?

If you go to Teams and click on your face in the top right hand corner and set your status to 'do not disturb' this should stop the pop-ups.



CAN'T JOIN A MEETING PROBLEM SOLVERS

Make sure you are on the calendar, clicking on the 'virtual' meeting rather than the timetabled 'In the building' lesson.

If this does not help, message the teacher via the chat function on Teams, they might see the message and invite you in.

If this does not help, you could message a friend who you know is in the class and ask them to tell the teacher.

